

For your information regarding public worship:

Directions are given about standing, sitting and kneeling but please adopt whichever posture is comfortable for you, especially if you have any difficulty standing.

We have now largely returned to pre-pandemic arrangements for our public services:

- You may wish to exchange a SIGN OF PEACE but please be sensitive to others who may prefer not to make physical contact if they are not wearing gloves.
- We now administer HOLY COMMUNION from the sanctuary rail and offer the consecrated wine from the common cup.
- Please stand to receive if you find it difficult to kneel to receive communion.
- Those who wish to receive from the chalice will be invited to sip from the common cup. There is NO OBLIGATION to do so and it has long been the teaching of the church that anyone who receives either the bread or the wine of Holy Communion receives all the benefits of both the body and blood.

Our bishop has asked all churches in the diocese to discourage the practice of 'INTINCTION', or dipping the wafer in the chalice because we should focus on the two actions of Christ at the last supper, breaking bread and sharing from the common cup, which 'signify the community's participation in Christ' (International Anglican Liturgical Consultation, 1995).

Please advise a member of the welcome team before the service if you need a GLUTEN-FREE wafer or if it would be helpful to receive holy communion FROM YOUR PEW.

Anyone in good standing with a church of any denomination that subscribes to the doctrine of the Holy Trinity is welcome to receive Holy Communion in the Church of England. If you are not accustomed to receiving Holy Communion we invite you to come to the communion rail for a blessing. Please keep your head bowed and hands together if you are not intending to receive.

The wearing of FACE-COVERINGS is now a matter for individual discretion but we will continue to provide mask-only zones, clearly marked, in the north aisle.

We continue to provide HAND SANITISER at the doors.

Anyone showing POSSIBLE SYMPTOMS of Covid-19 or influenza – which can include: a headache, runny nose, excessive sneezing, sore throat or any cold- or flu-like symptoms, with or without a high temperature; muscle aches; a loss of, or change in, your normal sense of taste or smell – should not gather anywhere, including church, until they have tested negative.

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We distribute our **weekly bulletin** electronically, and fortnightly by post to those without email. To join either mailing list please speak to a steward or contact office@steyningparishchurch.org

Please join us for refreshments after the service. You can collect (real!) coffee from the front of the north aisle, or tea by the war memorial at the back corner of the church. Or we can bring either to you in your pew.